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present

LIVING WELL DC

COMMUNITY CONNECTIONS

MISSION

Community Connections is a space for health and wellness information sharing, as well as a community of practice with community partners as we embark on a journey of health literacy and capacity building.



INTRODUCTION

We hope you had a wonderful holiday season. Now that we're all back we're gearing up for a healthy and successful new year in our collaborative work together. There are two new Community Building Organizations (CBOs) that are joining the Health Collaborative, La Clinica del Pueblo and HEAL-DC at American

University. You will be hearing more about them in upcoming newsletters.

We are looking forward to hosting our next Meet & Greet on Tuesday, January 31st. Thank you UPO for being our hosts. These Meet & Greets offer a great opportunity to catch up and learn more about the organizations within our collaborative.

CBO PARTNER CORNER

LATIN AMERICAN YOUTH CENTER (LAYC)

Happy New Year from Latin America Youth Center! With more than 50 different programs supporting youth it can be hard to ensure that everyone knows about our free and confidential HIV and STI testing, mental health services, and pantry services. At the Rita Bright Center and in the Teen Center, we offer recreational spaces and programming. LAYC also offers career and college readiness programs to support the ongoing success of our youth. This includes our Promotores program where mentors work one on one with youth. A big thank you from our Advancing Health Literacy team to the residents who took the time to receive one of our free COVID tests, COVID, and flu vaccines. Keep our services in mind, and don't forget to visit layc-dc.org for more information.

INNERCITY COLLABORATIVE COMMUNITY

Reverend Judie of the InnerCity Collaborative Community shares a piece she wrote about fitness:

Greetings all,

Many people on their spiritual journey have their primary focus on the spiritual aspect such as meditation, visualizing or affirming things. While they focus so much on the spiritual aspect, they often dismiss the physical aspect which includes eating spiritual food.

As you go along your spiritual path, you hear all these teachers talking about meditating, contemplating and manifesting, but you hear only a few teachers talking about physical

exercise and healthy eating. Somehow this message gets lost in the modern spiritual teachings. Because the truth is that nearly every old spiritual tradition comes with a food and exercise aspect. They promote a certain way of eating that benefits the spiritual growth. And that is for a reason.

Your Body is your Energy Holder

Our body is the place where all our energy is held. It's basically the physical vehicle to transport and express energy. Now a body that is not able to function optimally because of toxicity or illness, will be less capable of holding high states of energy. This is important to know when accelerating on our spiritual journey. Because the goal of your spiritual practice is to raise your frequency. But you can only raise your frequency to a level that your body can hold. So the less healthy and more toxic a body is, the lower the general vibration of the body and so the lower the capacity to hold new higher levels of vibration.

Going back to the Law of Attraction, your body is emanating out that vibration which then attracts situations and events to you. Bringing all of that together, it gets clear that the body is an important part of your spiritual awakening.

Spiritual Growth and Healthy Living Have to go Hand in Hand

Spiritual Growth and healthy living are not to be seen as separate from each other. In fact, they must be seen as part of each other. Each benefitting the other. For example, your spiritual growth benefits your healthy living and so benefits your healthy living your spiritual growth.

That's why any spiritual practice may it be meditation, affirmation or visualization must come with a practice of healthy living. It's very crucial to take your body with you on

the journey of awakening. Don't ignore it or try to not see it as important. You are a spiritual being having a physical experience. So, it's time to take care of the physical body as part of your spiritual practice.

Spiritual Food

Spiritual Food is any food you eat that is full of life and energy which helps you to accelerate on your spiritual journey. There is certain food which is low of life energy because they have been highly processed such as cereal, bread, dairy products or sweets. And there are foods that are high in life energy because they are in their natural raw state such as any fruit and vegetable or grains like quinoa, rice and beans. The basic rule of thumb is that the more alkaline and alive a food is, the better it is for your spiritual growth. You can look at any food and see if it is colorful, shining and

screaming of life, or if it is grey, processed and seemingly dead. And then you will naturally conclude what is better for you and what is not.

How to Eat for Spiritual Awakening

To eat best for spiritual awakening is to go from light to heavy. Eat the lightest meal for breakfast and the heaviest meal for dinner. When aiming to eat for spiritual awakening, it's important to waste as little energy as possible on digestion so that that energy can be used for the spiritual awakening. A light meal contains a lot of fast to digest components such as fruit or veggies. Heavy meals contain more heavy, harder to digest foods for which the body needs a lot of time to digest. That's why eating light in the morning is important because light foods are easy to digest, and you will not have a lot of your energy

Pastor Judie Shepherd-Gore

DC HEALTH COMMUNICATIONS CORNER

January is Cervical Health Awareness and Glaucoma Awareness Month:

cdc.gov/visionhealth

Don't **WAIT for warning signs**

A dilated eye exam can detect glaucoma early and save your sight.

Visit cdc.gov/visionhealth for more information

DC HEALTH
GOVERNMENT OF THE DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR

January is Cervical Health Awareness Month

This New Year, make your Well-Woman exam the one resolution **YOU** keep.

#CervicalHealthAwarenessMonth

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In case you missed it:

Faith in Vaccine Pop-Up Clinics: January Schedule

Jan 10	Emory United Methodist Church	6100 Georgia Avenue NW, WDC 20011	10am-4pm
Jan 11	Washington Hebrew Congregation	3935 Macomb Street NW, WDC 20016	10am-4pm
Jan 12	Foundry United Methodist Church	1500 16th Street NW, WDC 20036	10am-4pm
Jan 17	First Congregational UCC partnered with Sasha Bruce Youthwork	945 G Street NW, WDC 20001	6pm-8pm
Jan 18	Church of Christ	4801 16th Street NW, WDC 20011	10am-2pm
Jan 25	Tabernacle Baptist Church	719 Division Avenue NE, WDC 20019	12pm-4pm
Jan 28	Zion Baptist Church	4850 Blagden Avenue NW, WDC 20011	10am-4pm

Vaccines: Pfizer 12+, Pfizer 12+ Bivalent, Pediatric 5-11 Bivalent



Resources



[Info on RSV](#)



[Info on HPV](#)



[Info on Flu](#)

JAN
24

**Let's Talk About It
Cervical Health Awareness Month
Tuesday, January 24 at 2:30pm**
On Facebook Live, Twitter and Instagram

JAN
31

**Health Collaborative Meet & Greet
at UPO
Tuesday January 31, 2023
3:00pm-5:00pm**



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